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M E D I T A T I O N S

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P R I V A T E U S E.

SO TEACH US TO NUMBER OUR DAYS THAT WE
MAY APPLY OUR HEARTS UNTO WISDOM.

PSALM XC.

By W. W A L K E R. *K*

C H I C H E S T E R :

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P R E F A C E.

IT is but too obvious, that the following little tract is addressed neither to men of learning, nor to men of taste. The writer himself has no pretensions to either. It may, however, be urged in his defense, that some late publications of this sort have deviated too widely from the primitive stile of devotion. The doctrines of atonement and grace, those great and glorious doctrines which have warmed the heart of piety in every age, have been sometimes entirely omitted, and at others not sufficiently relied on. It is intended, in the ensuing pages, to supply

P R E F A C E.

supply this and other defects by adhering more closely to the ancient model; and if one human being, however poor or however ignorant, shall be benefitted by them, the writer has his reward. A reward which the applause of Criticism cannot give, nor its censure take away.

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Private Meditations, &c.

SUNDAY MORNING.

Meditation.

THIS is the happy day when all labour ceases, and man hastens to meet his God in *the place where his honour dwelleth*: And O how inestimable the privilege, O how unspeakable the blessing, thus to approach the Creator in his house of prayer! O *how amiable are thy dwellings thou Lord of Hosts! My soul hath a desire and longing to enter into the courts of the Lord: My heart and my flesh rejoice in the living God!* Let me consider how

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many miserable spirits are now bewailing their past offences in the dark regions of despair: *their* day of grace is expired for ever, *their* wretched fate is fixed irreversibly, while *I* am spared in this state of trial, that I might turn from my sins and be saved.

And shall I then mispend this holy day in idleness or in vice? In doing nothing, or in doing worse than nothing? Shall I omit this opportunity (the last which may ever be offered me) of improving in virtue, and advancing my immortal interests? No: I will catch the fleeting prize ere it be for ever gone: I will attend the

courts

courts of the Lord's house; there to implore the divine pardon, there to ask for divine grace. I will pour forth my soul before Him who made me in the filial language of dependent love, or the more exalted ardor of grateful praise.

Prayer for Sunday Morning.

ALMIGHTY and everlasting God, my only support in this vale of misery, my supreme good, the joy of my heart, I humbly thank thee for all the mercies thou hast from time to time bestowed upon me. I

blefs thee for my creation, prefervation, and for all the comforts and conveniencies of this mortal life; but above all, I adore thy divine Majefty for the redemption of the world by thy fon Jefus Chrift, for the means of grace here, and the hopes of glory hereafter. Accept, O Lord, my unfeigned thanks and praife for thy protection through the dangers of the laft night, and for giving me the bleffing of another *sabbath*. O let this holy day be *every where* fet apart to thee: Let *me* not presume to profane it by vice, or to mifpend it in vain amufement and folly. Let me attend thee in thy houfe of prayer;

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let me pour forth my soul before thee in supplication and praise; let me hear, read, and inwardly digest thy holy word. Lord God Almighty! I have need of every help which thy holy ordinances can give me. I lament that I am a grievous sinner. I confess my sins with a sorrowful heart. I resolve by thy grace to amend my life. *Have mercy upon me, have mercy upon me, most merciful Father! For thy son our Lord Jesus Christ's sake forgive me all that is past. On his merits I depend, to his cross I cleave, let his dying groans plead for me at thy Throne of Grace.* Direct me, blessed Father, through the dangers to which I am exposed

exposed in this state of trial. Defend me against the wiles of the devil, the temptations of the world, and my own sinful appetites and passions.

Above all, I beseech thee to protect me from the sin *which doth so easily beset me*. Grant me the assistance of thy holy spirit, without which I can do nothing. Let him be unto me a
 “ spirit of sanctification to purify my
 “ corrupt nature ; a spirit of counsel
 “ in all difficulties, of direction in all
 “ doubts, of comfort in all troubles.
 “ Leave me not a moment to my
 “ own human frailty, but let him
 “ constantly inspire me with the fear
 “ and

“ and love of thee my God, with
 “ truth, justice and charity to my
 “ neighbour, with temperance, so-
 “ briety, and chastity in myself.”

Finally, let all my powers, all I *have*
 and all I *am* be thine, most merciful
 Father; let me know no greater plea-
 sure than to serve thee; let it be my
meat and drink to do thy holy will.
 Lord hear me for Jesus Christ's sake,
 in whose most perfect form of prayer
 I conclude these my imperfect ad-
 dresses, saying,

Our Father, &c.

MONDAY

MONDAY MORNING,

And every other Day of the week.

Meditation.

THINK, devoutly think, that thy life is hastening to its close. Every clock which strikes tells thee thou must soon be gone. It is the knell of thy departed hours. It seriously announces the swiftness of time, and enforces the necessity of spending it well. Learn then that best of lessons, learn so to *number thy days as to apply thy heart unto wisdom.* Let *this day* in particular be a day of virtue.

virtue. Lift up thy soul with sincere piety to God. Be diligent in the duties of thy calling. Be true and just in all thy dealings. Exercise unbounded love and charity to all men. Keep thy own body, which is *the temple of the Holy Ghost*, in temperance, soberness and chastity; and remember that *without holiness no man shall see the Lord*. But before thou leave thy chamber and venture into the busy world, look around and view the dangers which encompass thee: *Put on the whole armour of God, that thou mayest be able to stand* against the enemies of thy immortal happiness. Above all, beware of *that sin* to which

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thou art most liable; the sin which doth so *easily beset thee*. Recollect how often thou hast fallen, and be more watchful in time to come; and as thou can'st do nothing of thyself, kneel at the throne of mercy, and say the following prayer.

Prayer for Monday Morning, &c.

ALMIGHTY and everlasting God! my only support in this vale of misery, my supreme good, the joy of my heart, I humble myself to the dust before thee, confessing that I am unworthy of the *least of thy mercies*. I bewail, with a sincere and
sorrowful

sorrowful heart, my manifold sins and follies, by which I have offended thy divine Majesty. *Have mercy upon me, have mercy upon me most merciful Father! For thy son our Lord Jesus Christ's sake forgive me all that is past. On his sufficient merits I depend, to his cross I cleave, let his dying groans plead for me at thy Throne of Grace.* Accept, O Lord, my unfeigned thanks and praise for all thy mercies from time to time bestowed upon me: For my creation, preservation, and for all the comforts and conveniencies of life: But above all, for the redemption of the world by thy son Jesus Christ, for the means of grace here, and for the hopes of

glory hereafter. In particular, O Lord, I beseech thee to accept my sacrifice of praise for thy protection through the dangers of the last night, and for giving me the blessing of another day. Direct me, I beseech thee, through all the busy scenes of it. Deliver me from the many dangers to which I am exposed, and suffer me not to fall by those temptations which every where surround me. Above all, I beseech thee to protect me from the sin *which doth so easily beset me*. Grant me the assistance of thy holy spirit, without which I can do nothing. Let him be unto me a “ spirit of sanctification to purify

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“ fy my * corrupt nature, a spirit of
 “ counfel in all difficulties, of direc-
 “ tion in all doubts, of comfort in
 “ all troubles. Leave me not a mo-
 “ ment to my own human frailty, but
 “ let him constantly inſpire me with
 “ the fear and love of thee my God,
 “ with truth, juſtice and charity to
 “ my neighbour, with temperance,
 “ ſoberneſs, and chaſtity in myſelf.”
 Finally, let all I *have* and all I *am* be
 thine moſt merciful Father; let me
 know no greater pleaſure than to ſerve
 thee; let it be my *meat and drink* to

* See NELSON'S FESTIVALS: A Book
 which, for uſeful information and genuine
 piety, has hardly its equal in the Engliſh
 language.

do thy holy will. Hear me, O Lord,
for Jesus Christ's sake, in whose most
perfect form of prayer I conclude these
my imperfect addressees, saying,

Our Father, &c.

Meditation for the Evening.

ANOTHER Day is gone! How
has it been employed? Does it
smile an Angel, or does it frown a
Fury? What improvements hast thou
made in piety and virtue? Has thy
heart been lifted up to God with sin-
cerity and devotion? Hast thou dis-
charged

charged the duties of thy station with diligence? Hast thou been true and just in all thy dealings? Hast thou kept thy own body in temperance, soberness and chastity? Or, Hast thou mispent this day in vice or in folly? Hast thou forgotten thy obligations to him who made thee? Hast thou neglected the duties of thy calling? Hast thou injured thy neighbour by *word* or by *deed*? Hast thou dishonoured thy own body by intemperance or obscenity? Think, devoutly think, that the bed is an emblem of the grave. It should remind thee of *the land where all things are forgotten*. Before thou give *thine eyes to sleep and thine eye lids*

to slumber, review the actions of thy life, and examine, with the strictest care, whatever thou hast *thought, spoken or done amiss* in the course of this day; and when thou hast performed this with honest impartiality, approach with reverence the throne of mercy, and say the following prayer.

Evening Prayer.

ALMIGHTY and everlasting God, my only support in this vale of misery, my supreme good, the joy of my heart, I thank thee for all the mercies thou hast from time to time bestowed upon me. I bless thee

thee for my creation, preservation, and for all the comforts and conveniences of this mortal life ; but above all, I adore thy divine Majesty for the redemption of the world by thy son Jesus Christ, for the means of grace here, and the hopes of glory hereafter. I bless thee that while many are bewailing their past offences in the dark abodes of eternal despair, I am mercifully spared in this state of trial, that I might repent and be saved. I bless thee, in particular, for thy mercies through the course of this day. May they work so powerfully on my mind as to bring forth in me the fruit of righteousness, to thy

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honor and glory. Pardon, O God, the sins of my whole life, and especially those I have this day committed in *thought, word, or deed**. Forgive me, O Lord, for thy son Jesus Christ's sake. *On his merits I depend, to his cross I cleave, let his dying groans plead for me at thy Throne of Grace.* Bless, I most humbly beseech thee, the whole race of man, and more especially the country to which I belong. Bless our fovereign Lord the King, and all that are put in autho-

* Here recollect, with sorrow of heart, and full purpose of amendment, the wicked *thoughts* you have harboured, the profane, indecent, and slanderous *words* you have spoken, and the *evil deeds* you have committed in any part of the day.

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rity under him. Heal our national divisions, and give us all a peaceable disposition to promote thy glory and the public good. Bestow the abundance of thy grace upon the Clergy, that they may labour to promote thy religion on earth, remembering the strict and solemn account which they must one day give. Bless, O Lord, with thy choicest comforts, my friends and relations. Give them grace to follow thy commandments in this life, that in the world to come they may have life everlasting. Have mercy on all who are any ways afflicted or distressed, on such as labour under poverty, or persecution,

or captivity, under bodily pains and diseases, or under temptation and trouble of mind, and in due time deliver them according to thy great goodness. In particular, O Lord, I beseech thee to look with an eye of pity on such as have forsaken thee, and are doing the drudgery of Satan. Fetch them home, blessed Lord, to thy flock; *pardon and deliver them from all their sins, confirm and strengthen them in all goodness, and bring them to everlasting life.* Pour down thy blessings, temporal and eternal, on all who have despitefully used me, and extinguish every spark of resentment in my breast. Give me not only grace

to forgive my enemies, but a disposition to do them every kind office in my power. And now, O Lord, I commit myself to thy protection: If it shall please thee to take me hence before the morning light, O take me to thyself. Let my soul be presented without spot unto thee, for the sake, and through the precious blood of thy dear son Jesus Christ, in whose perfect form of prayer I conclude these my imperfect addresses, saying,

Our Father, &c.



